



XXII. Ohra-Talsperrenlauf - Nordic Walking

Luisenthal / 27.07.2008

Detailed evaluation

Helm, Ute

Club: Ort: Crawinkel

Number: 162

Course: 21.23 km

Walking/Nordic-Walking

Total time: 3:17:03

Speed: 6.39 km/h

metres in height up: 1007

Course score: 36.11

performance score: 235 Points

Intermediate times

Control	km Total	km Split	Time of day	Total Time	Split Time
Start	0	0	08:59	00:00	00:00
Kulissenfelsen	5.0	5.0	09:44	00:44	00:44
Finsterbacher Pirschhaus	15.2	10.2	10:34	01:34	00:49
Talsperre	32.8	17.6	11:41	02:42	01:07
Finish	21.2	3.7	12:17	03:17	00:35